

SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 7, NO. 8

AUGUST, 1991

You've seen her at Cafe Lambda as the place shook with laughter — you've seen her emoting in local theater productions of "Cloud 9," "Going Up," and many others — you may have seen her in other places, too, but don't miss seeing her next when:

SACWN presents
the

Lesbian "Love Connection" Dating Game & Newlywed Game

with

Maureen Gaynor

local comedienne and crazy redhead,
as Emcee

She'll keep us rolling in the aisles
as she keeps the show rolling along!



Friday, August 16th

6:30-10:00 (Program begins at 7:30)

Clarion Hotel, 16th & H

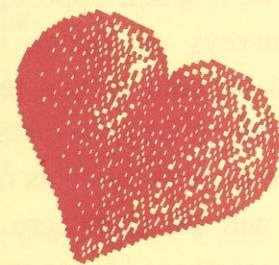
\$ 8 Seniors, Limited Income, Disabled

\$10 Preregistered Subscribers

\$12 Members, At the Door

\$14 Nonmembers

486-8985 for info., or 451-9691 if you'd like to participate — for fun
and prizes!! (Pre-register, as space may be limited at the door.)



Winners of the Newlywed Game will receive a night at the beautiful Langtry Inn in San Francisco — donated by *Mom Guess What*.

Come see your friends make "love connections" as we play the Dating Game and Newlywed Game as they've never been played before! You get to come up with the questions, then watch as they are asked and answered by our lovely lesbian lady contestants. Get ready for a night of laughter and love!!!

A Message From The Steering Committee

We voted last month to send the letter from SACWN in support of AB101 based upon your unanimous and emphatic responses in favor of this action. As you probably know, as we go to press AB101 has already passed the Assembly and the challenge awaits us in the Senate and the Governor's office. Please, give them a call.

We wanted to talk to you further about the ongoing dilemma we face as a board in trying to be responsive to all of you, yet often we hear from only the few most vocal on issues you've told us you want to express your opinions about before we make decisions. The AB101 issue is a good example of the problem. Only about 50 people sent in their responses, about 10% of the group. **All** of those were in the affirmative, and many added emphatic comments about how important this issue, and SACWN's public position on it, is for all of us. So, we decided to go forward on this issue despite the small response, and to re-think more effective ways to get your input. Perhaps in the future we'll solicit opposition only, or maybe just do surveys on things we think will be controversial. Some of you remarked you don't want too many surveys, and we agree. Please, feel free to give us your thoughts on this process.

As you will see elsewhere in this newsletter, volunteers are needed for some specific tasks, and for others we are soliciting bids to do paid work for SACWN. New columns are being introduced by your newly expanded Newsletter Committee, and plans are well under way for several events this fall. Mark your calendar with our now expanded calendar of events, and we'll see you there!

Rosemary Metrailler
Corporate Coordinator

Sept. Preview

Direct from the West Coast Music Festival — SACWN presents the Intimacy Workshop featuring Sonika Tinker, MSW, and Debra Rain. The workshop will be held on September 20 at the Clarion Hotel. Time to be announced. Mark your calendar for a fun, entertaining, and insightful evening.

STEERING COMMITTEE

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Networking Committee Coordinator
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**To help with the Newsletter, please
call Pam at 362-8629.**

AD RATES — (ads not camera-ready may be extra)

Full Page (7¼"x10¼") - Member \$120⁰⁰, Non-member \$180⁰⁰

Half Page (7¼"x5") - Member \$60⁰⁰, Non-member \$90⁰⁰

Quarter Page (3½"x4¾") - Member \$30⁰⁰, Non-member \$45⁰⁰

2 Column Inch (3½"x3") - Member \$22⁵⁰, Non-member \$33⁷⁵

Business Card (3½"x2") - Member \$15⁰⁰, Non-member \$22⁵⁰

Classified Section - Member \$20 per word, Non-member \$30 per word.

NO ADS WILL BE TAKEN OVER THE PHONE OR AT SACWN EVENTS. PAY IN FULL

IN ADVANCE AND SAVE 10% for 3 insertions or longer —SAVE 15% with 12 insertions.

All art and payment is **due on the 2nd Tuesday of the month** for next month's issue. Send to

SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

Business Directory

Roommate needed. Davis graduate student seeks lesbian or lesbian-friendly person(s) in Davis who have a room to rent. I need to move in late August/early September. Call Nancy M-F after 5:30 or weekends. 1-757-1732.

For Rent: Roseville - 1 bedroom basement apartment in grand old house. \$400⁰⁰ month + deposit includes all utilities, washer/dryer, and cable TV. No drugs, no smoking. 786-8376.

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Calendar

August 1 Fit or Fat for the 90's, Covert Bailey exercise and diet expert, 7:30 -Benefit KVIE Channel 6, 923-BASS.

August 3 Born to Shop, 8 a.m. - 12:30 p.m., Women's Center, 441-4207 or 489-8836.

August 8 Camping Women Invitation, members only, 689-9328 (thru Aug. 11).

August 10 Networking Seminar, 8 a.m. - 12:30 p.m., Women's Center, 441-4207 or 489-8836.

August 16 SACWN presents "Lesbian Love Connection - The Dating Game and The Newlywed Game," 6:30 - 10:00 p.m. at the Clarion Hotel. Call 486-8985.

Sept. 20 SACWN Intimacy Workshop — Clarion Hotel

Oct. 26 SACWN Dance — Cal Expo Club — watch for further details!

Mondays Women's Rap & Social, Lambda Community Center, 7 p.m., 442-0185.

Tuesdays Being Gay Today, Cable 18, 10 p.m.

Thursdays Being Gay Today, Cable 18, 9 p.m.

Fridays Cafe Lambda, Lambda Community Center, 8 p.m. Coffeehouse with live entertainment, 442-0185.

Country Western Dance, River City MCC, 7 p.m., free lessons, 454-4762.

Successful SACWNite

Bonne Holbrook, (pronounced Bonnie) lives in South Natomas and is a Licensed Social Worker. In 1986, she joined SACWN.

Bonne belongs to the Universalist Unitarian Society of Sacramento which has a 10-15% gay and lesbian membership.

Unitarians are committed to diversity. They are not Christian, but are a mainstream group. They do use parts of Christianity, Buddhism, paganism, Islamic, Judaism and others in their beliefs. Their tenet is that individuals must find their own specific spirituality.

Bonne, Doug, Ron and Steve just happened to be talking one evening about the gays and lesbians in their Unitarian group. They formed a social/support group which is open to everyone and does include bisexuals and straights.

This group participated in the interview for the new minister and had a part in the decision to hire him.

They are on the Advisory Committee and soon will be represented on every committee.

Traditionally, in July and August, formal minister services are suspended and members conduct and plan the services. People from this support/social group have conducted services, sometimes sharing information about the gay and lesbian lifestyle.

Socially, they have had potlucks, a 27-mile bike ride and dinner parties. One of the dinner parties had a Victorian theme. Everyone dressed in white, played croquet and had Mimosas.

Bonne shares that some famous Unitarians were Thomas Jefferson, Walt Whitman and Benjamin Franklin.

She invites everyone interested in social consciousness to check out this society. There will be no pressure to join the 500-600 members. And they have a very active children's group.

Thanks, Bonne, for your enthusiastic sharing.

Bonne Holbrook can be reached at 929-6653.

Barbara J. Ballif, L.C.S.W. & Associates

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Martie Rader

WHO WILL IT HURT WHEN I DIE?

*A Seminar on Probate and "Living" Trusts
presented by*

NAN GOODART

A teacher and counselor for fifteen years, now a successful attorney in Sacramento, Nan is presenting her immensely popular estate planning seminar, at no charge, just for the lesbian and gay community.



IF:

--you've been wishing for a way to blend your lives in a tangible, legally recognized way,

--writing a Will is about all the legal work you think you need to do,

--the story of Sharon Kowolski horrified you but you've done nothing to assure it won't happen to you,

--the "stuff" you own is worth more than \$60,000 before subtracting what you owe on it,

--you would like to help your parents plan so that taking care of them and their affairs will be as easy as it can be ... for them AND for you, or

--you wouldn't know a "living" trust from a dead one,

THEN DO NOT MISS THIS SEMINAR!!!

Take advantage of this event. Bring your friends. Nan and her assistant, lawyer Theresa Boschert, will tell you what you need to know--and answer all your questions--about Wills, probate and "death taxes," incompetence, powers of attorney, and "living" trusts, with just our special relationships in mind.

WEDNESDAY, AUGUST 21, 1991
7:00 to 9:00 p.m.

BEVERLY GARLAND HOTEL
Sacramento

Space is limited; to assure a seat, or for further information, call 422-1404.

Emotions and Your Health ... A Balancing Act

by Sandra Warne, M.A.

Fat Insulates The Psyche

Are you one of those people that has a closet full of clothes of different sizes, depending on your measurements at the moment? If you are fat today and skinny tomorrow, do you get confused as to which is the real you?

Within the field of psychotherapy we acknowledge that food is a form of oral gratification and a method of finding security and comfort. When people are agitated, eating helps them feel better. Weight can be used as a defense against upsetting problems. Fat can offer insulation against hurt.

Staying fat can become very comfortable. The idea of losing weight and becoming thin can present for some a whole new set of problems.

There are numerous ways to address the problem of being overweight. Some behaviorists suggest that you go through your closet and get rid of the bigger sizes. Cut down to one size of clothes. If you intend to keep your weight down, why keep the bigger sizes? As long as those clothes are in the closet, there will be doubts about your ability to change, and you'll actually be more likely to slip.

You might also draw a circle and divide it up as if it were a pie. Pretend that it represents all of the various ways in which you can give yourself physical and emotional nourishment. If you are someone who can't lose weight, that pie at the moment may be filled with nothing but food.

Re-evaluate the pie and look for potential sources of nourishment and give each one a proportionate slice of the pie. If you like swimming, give swimming a slice. If you like films, theatergoing should get a slice. Design your pie showing you that food is not your *only* source of pleasure. You may see that you could have gotten a massage with the time and money that you spent eating. This approach gives you new options.

Overweight people are no more unadjusted than most of us. In fact they are very sensitive and can sense dishonesty, and when they do, they retreat into a system that they have control over. They can control the size of their bodies and their fat gives them a buffer zone. It's counterproductive to suggest that overweight

(Continued on page 7)

Phyllis A. Kaufman, Ph.D.

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HELP WANTED IMMEDIATELY

Beginning in September our SACWN newsletter will be produced with a Macintosh computer. If you are interested in inputting the text on a monthly basis, please submit your bid no later than August 12 to SACWN at P.O. Box 661332, Sacto. 95866 or call Marta for details at 456-9312. For those who have a Mac, please include a description of your software to assure compatibility. If you don't have access to a Mac and would like to earn some extra money inputting, don't fret —you may use my computer. So, become part of our newly formed newsletter team and help us get the word out.

UC Davis Report Reveals Findings on Quality of Life

In March 1991, the Chancellor's Ad Hoc Committee on Gay, Lesbian, and Bisexual Issues convened to address issues of concern to the gay, lesbian, and bisexual communities at UC Davis and UC Davis Medical Center. Committee members have since written a 28-page report on their preliminary findings regarding discrimination, harassment, and exclusion of people on the basis of their sexual orientation. Additionally, in the fall of 1991, the committee plans to reconvene to make specific recommendations to the chancellor and the university administration to implement policies which would improve the quality of life for the gay, lesbian, and bisexual communities. For more information, call Joy Fergoda at (916) 752-3372.



Been In An Accident?
Car All Crunched Up?
Body Hurting?

Call - **Rosemary Metrailler**
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Emotions and Your Health

(Continued from page 6)

people hate themselves and are stuck in an immature stage of development.

Different therapies work for different people. Nourishing yourself with positive thought patterns helps you to unplug the "binge" cassette from your metaphysical tape deck. It's clear that permanent change can't take place until the overweight person upgrades her self-image.

Self-love is basic to weight loss. Overeating, like other compulsive behaviors, is closely related to poor self-concept. With help building self-esteem, and some behavior modification, and use of positive affirmations, *it can be done*, moment by moment, day by day.

Book Review

Murder At The Red Rook Ranch

By Dorothy Tell

Naiad Press, 1990

Poppy Dillworth P.I., or Wondercrone as she calls herself, is grey haired and sore jointed. She is summoned to solve a murder, and as typical in lesbian fiction, finds love while staying just level headed enough to solve the crime. The owner of Red Rook Ranch (RRR) is murdered in the first few pages of the book, and though the male police department dismisses it as suicide, there are a few at the ranch who think otherwise.

The cast of characters/suspects are eccentric and, with the exception of Poppy, the reader is given no history to explain some of the strange behavior. The victim's lover relates to people as old movie roles, changing scripts in mid-conversation. This is entertaining if you are familiar with the roles she portrays, but I found myself wanting to know more about her and why she lives as a late night oldie. Another "stranger" is Poppy's partner in crime solving, Marcie. She is straight upon arrival at RRR but is very easily converted.

Though this was not an edge-of-your-seat thriller, it was enjoyable and Poppy was likable with all of her aches and pains. Tell writes of the reawakening of sexuality in a 65-year-old woman and the physical limitations that are present. It was refreshing to read about sex between two women who are not hard bodied with goddess-like endurance. I look forward to Poppy Dillworth's next assignment.

SPECIAL INTEREST GROUPS

BRIDGE

The Bridge Group has decided to play only once a month during June, July and August. The August game will be on Friday, the 9th. Call Joyce for information, 1-676-4317.

GOLF

Come join the fun every Thursday afternoon. All levels of players are welcome. If you are interested, call Lisa in advance for location, tee time, and more details at 368-7457 during the day, or in the evening at 363-3430.

SINGLES . . . and OTHERS

The Singles and Others group is planning The Great American River Float. It will start at Sunrise and end at Goethe Park on August 3. For more information, call Joan, 1-795-1336 or Ann or Susan, 349-2865.

BOOK GROUP

In an attempt to read more books by women of color, the book this month will be *Her*, a novel by Cherry Muhanji. Please join us the third Sunday of the month at 4 p.m. For more details, call Gretchen, 922-6287.

LATE-BLOOMERS

Call Mary V., 1-677-8901, or Mary G., 395-1446.

CULTURE CLUB

The Culture Club will be on hiatus until September.

RELATIONSHIP ADDICTION

This group is being discontinued.

TOP TEN

The Top Ten is a group for women over 50 and their friends. We meet once or twice a month for fun and conversation and mutual support. If you'd like to get acquainted, call Ariel at 483-9794 for info.

DAVIS OVER 30

Call Chris at 758-0879 or Shelley, 753-0470.

OUTDOOR RECREATION

Carol, 451-7933.

SECOND STAGE RECOVERY

Are you no longer new to recovery? Are you frustrated with living in the problem and ready and willing to move into the solution? We are a group of women in recovery. We come from the experience of co-dependency, ACA, Al-Anon, relationship addiction, AA, CA, and OA and have found many commonalities. In Second Stage Recovery, we will meet to support each other in our growth and the ongoing recovery process using 12-step principles. Call Ann, 927-6038 or Kathy, 1-753-4204.

CAMPING — RV AND TENT TRAILERS

The 4th of July in Mt. Shasta was a great success. Nine campers in four rigs and a tent enjoyed the mountain, lake, parade, pancake breakfast and the fireworks. Great fun! Two more trips are scheduled for July 26-27 and August 23-24 at Coloma. Join us. We're a great group. For more information, call Jayne, 921-6642.

WOMEN SURVIVING BREAKUP

This group is to provide support for grieving, letting go, and moving on. This is a chance to share, to help each other during a time of stress when giving and getting support, especially from others who understand because they're living this too, can mean so much. There will be tears, laughter, releasing and a time to heal. Come and join us. For more details, call Sandy, 933-0670.

SOFTBALL

This group needs a new facilitator. If you'd be interested or would like more information about being a facilitator, call Ellie, 967-0611.

TWENTYSOMETHING

Bored this summer? Enjoy biking, camping, theater, and other fun activities? Then check us out. We offer an array of fun activities each month to do with other women in their 20s and early 30s. Call Tina, 456-1913, or Michele, 447-3989 for more information.

PLAY READING

The Play Reading Group will be meeting twice a month on the 2nd and 4th Monday nights at 7:00. All types of parts are available and everyone is invited. RSVP, Lenora, 444-0102.

COUPLES GROUP

Call Vera, 383-8159.

LESBIAN PARENTS

Call Sheri, 739-1691.

MUSIC ENSEMBLE

This new group is for instrumentalists — any type of classical music for starters. Join us and share the joy of music. At press time, we were close to forming a woodwind quintet. Until we get enough players to form an orchestra, we are attempting to form small ensembles. How about a brass sextet next? . . . or a string quartet? We will be meeting in August on the 1st, 15th and 29th. If you're interested, phone Terry, 927-8532 for more information.

Joan Frázzini,
LCSW LG9415



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For Further Information call:
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New Subscription ☐ Renewal ☐

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Phone (H) _____ (W) _____

Career Interests _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

WAIVER — I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

SIGNATURE _____ DATE _____

*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities — food, utilities and rent — and who rarely considers entertainment as part of their budget. SENIORS, STUDENTS, DISABLED — Age 65+ on Limited Income; Students 21+ on Limited Income; Disabled Citizens on Limited Income.

SUSTAINING — Contributing a little extra to help supplement others on limited income.

"LOVE CONNECTION"

Dating Game & Newlywed Game

August 16th, 6:30 p.m. - 10:00 p.m.

Name: _____

Address: _____

Phone: _____

TICKETS: # of tickets Member's name or #

Pre-registered Members \$10 _____
(Reserved seating)

Non-members \$14 _____
(Reserved seating)

Seniors, Limited Income, Disabled \$8 _____
(Reserved seating)

TOTAL TICKETS _____ TOTAL ENCLOSED _____

At-Door tickets will be \$12 for members, all others \$14,
as space permits.

Make checks payable to SACWN, Inc. Send reservations,
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SACWN, Inc.

P.O. Box 661332

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